Book 1

The Spiritual Season

Project Booklet

Under the Guidance of Moulana Nabi R. Mir (Abidi)

Please recite a Sūrah al-Fātiḥah for
the sponsors of this project booklet.

Important dates in Rajab

1st	Wilādah of Sayyidah Sakīnah (ʿa), daughter of Imām Ḥusayn (ʿa)
1st	Wilādah of Imām Muḥammad al-Bāqir (ʿa)
3rd	Shahādah of Imām ʿAlī an-Naqī (ʿa)
10th	Wilādah of Imām Muḥammad at-Taqī (ʿa)
13th	Wilādah of Imām ʿAlī (ʿa)
15th	Wafāt of Sayyidah Zaynab (ʿa), daughter of Imām ʿAlī (ʿa)
24th	Battle of Khaybar won by Imām ʿAlī (ʿa)
25th	Shahādah of Imām Mūsā al-Kāẓim (ʿa)
27th	Eid al-Mabʿath and Miʿrāj
28th	Imām Ḥusayn (ʿa) leaves Medina; Journey to Karbala begins

Important dates in Shaʿbān

3rd	Wilādah of Imām Ḥusayn (ʿa)
4th	Wilādah of Ḥaḍrat ʿAbbās (ʿa), son of Imām ʿAlī (ʿa)
5th	Wilādah of Imām Zayn al-ʿĀbidīn (ʿa)
13th	Wilādah of Ḥaḍrat ʿAlī al-Akbar (ʿa), son of Imām Ḥusayn (ʿa)
15th	Wilādah of Imām Muḥammad al-Mahdī (ʿaj)

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بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Salāmun ʿalaykum,

May Allah (swt) bless us, our families, and our communities. My tabrīkāt, taḥiyyāt, best wishes, and congratulations to the Imām of our time, Imām al-Mahdī (ʿaj), our great marājiʿ and scholars, and to the Muslim ummah on the beginning of the spiritual season, the blessed months of Rajab, Shaʿbān, and Shahr Ramaḍān.

Although all the months, places, and people are the creations of Allah (swt), some people reach the highest status because of their sincerity. Allah (swt) makes them as a guide and light for others. Allah (swt) has also made some places special because of the sincere actions that were done there, such as Mecca, Medina, Najaf, Karbala etc. These places became icons and are subject to constant blessings of Allah (swt).

In the same way, certain times of the year, like Shahr Ramaḍān, are very blessed. The month of Rajab and following months, Shaʿbān and Shahr Ramaḍān, is a special season of mercy and blessings of Allah (swt) in which we can optimize our potentials to reach to the best results and outcomes. The month of Rajab is the time for planting the seed of ikhlās, sincerity, and taking initiatives, so that we can cultivate the results in the nights of Qadr.

The months of Rajab and Shaʿbān are also special because in these two months, we celebrate the wilādahs of so many Ahl al-Bayt (ʿa). In Rajab, we celebrate the birthdays of Imām al-Bāqir (ʿa), Sayyidah Sakīnah (ʿa), Imām at-Taqī (ʿa), and Imām ʿAlī (ʿa). In addition to these, Rajab is the month when the first revelation of the Qurʾān was, at the time of the Biʿthat of the Prophet (ṣ). In Shaʿbān, we celebrate the birthdays of Imām Ḥusayn (ʿa), Ḥaḍrat ʿAbbās (ʿa), Imām Zayn al-ʿĀbidīn (ʿa), Ḥaḍrat ʿAlī al-Akbar, and the Imām of our time, Imām al-Mahdī (ʿaj). Many scholars say that the other divine books were revealed in these two months, and the other prophets were appointed. These two months are a preamble to Shahr Ramaḍān, a time for us to prepare our souls.

In honor of these blessed months, we are pleased to launch the annual Spiritual Season Project Booklet. This booklet includes six lesson plans that have been put together in collaboration with scholars and educators. We pray these projects will assist in planting the love of our Ahl al-Bayt (ʿa) in our children and serving the oppressed of the world through prayer and good deeds. By following the right role models and serving Allah's creatures all around the earth, inshāʾAllāh we become closer to Him.

Our humble request is to create a two-way connection by all of us sharing our expertise and experiences and avoiding duplicated work, in order to maximize our potential. Please share your ideas, experiences, and successes with us, so that together, we can all move forward and build a global network. You may send any questions, suggestions, or feedback to info@kisakids.org, and inshāʾAllāh together we can build the foundation for Islamic education.

We pray that Allah (swt) gives us the tawfīq to actualize our duties and responsibilities.

Jazākallāh Khayr and Best Wishes,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

The Season of Worship

Objective: Students will learn about the three months that constitute "the Season of Worship," and the spiritual significance of each month.

Rajab, Shaʿbān and Shahr Ramaḍān are all special spiritual months within the Islamic calendar. Rajab and Shaʿbān are the two months that prelude the holy month of Ramaḍān, when fasting is obligatory on Muslims. Each month in the seasons of worship have their own special attributes.

Regarding the month of Rajab, Prophet Muḥammad (ṣ) said in a narration that, "Rajab is the holy month of God in which the rain of His mercy falls upon His servants." Fasting on any day of this month is very valuable and rewarding.

Shaʿbān is another special month. It is encouraged to fast during the month of Shaʿbān and obtain Allah's forgiveness. Imām Sādiq (ʿa) encourages us by a ḥadīth that says "Anyone who fasts the first day of Shaʿbān, it is obligated on him to go to heaven, and anyone who fasts two days of Shaʿbān, Allah will look at him every day and night in this world and he will continuously be under the observance of Allah's mercy. Whoever fasts three days, he will visit Allah in heaven at Allah's throne."[1] The 12th Imām, Imām al-Mahdī (ʿaj) was also born on the 15th of Shaʿbān.

Below is an activity that shows how we can grow spiritually during these special months.

1 Biḥar al-Anwār, Vol. 94, P. 71

The Season of Worship Garden

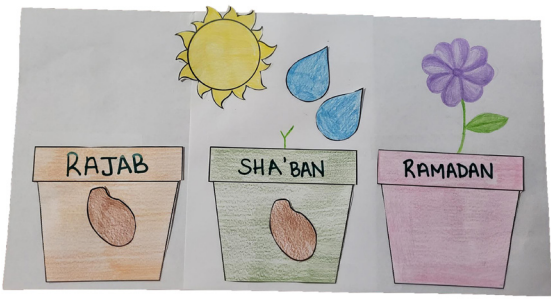
Suggested Ages: 5+

Time: 40 minutes

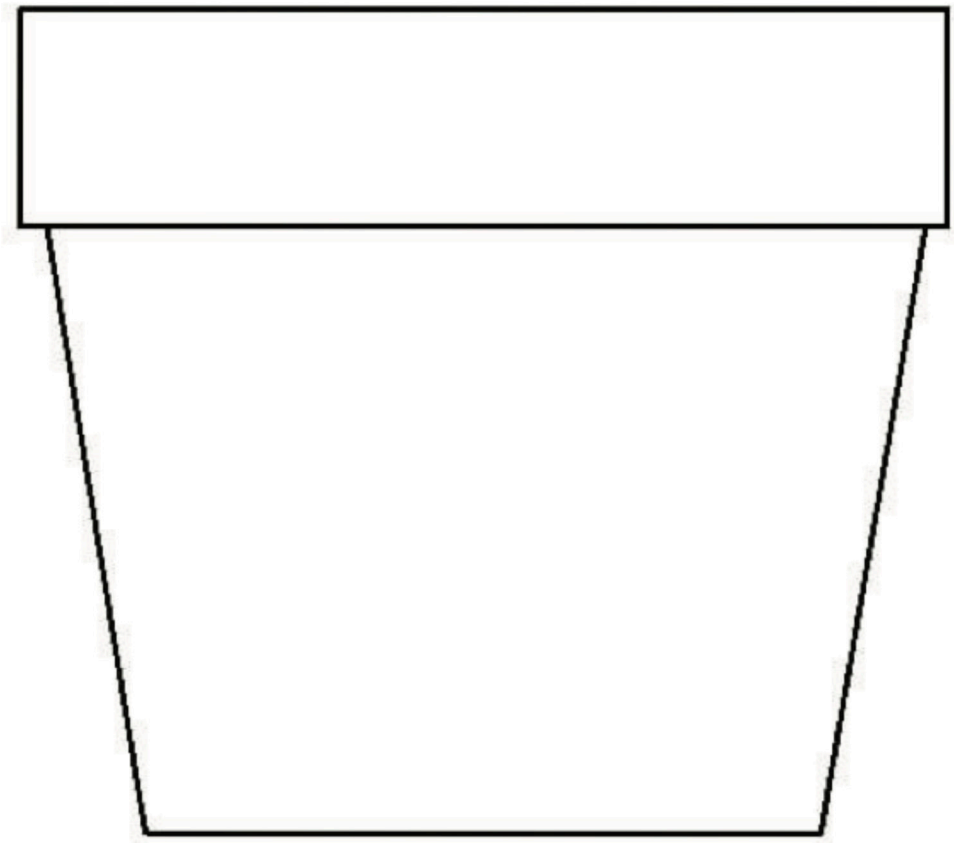
Materials:

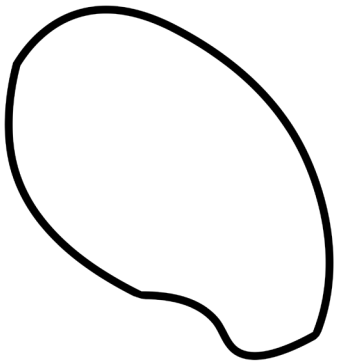
- Sun and plants template
- Large paper (Preferably 11"x17")
- Scissors
- Glue
- Markers

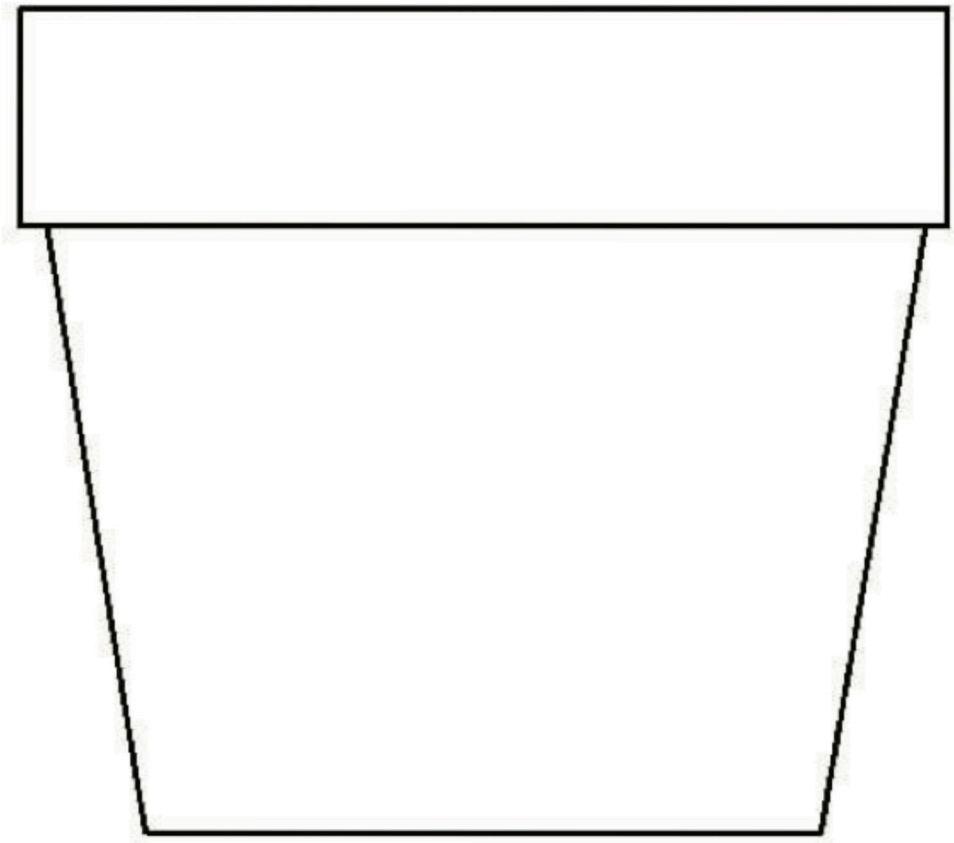
Procedure:

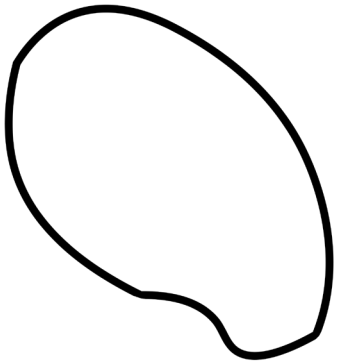


1. Color all 3 pots, raindrops, seeds, and sun pictures in the template.
2. Cut out each picture.
3. Label one pot Rajab, another Shaʿbān and the last one Shahr Ramaḍān.
4. On a large paper, starting from left to right, glue the Rajab pot, then the Shaʿbān one and finally Shahr Ramaḍān.
5. Glue a seed on the Rajab and Shaʿbān pots respectively.
6. On the Shaʿbān pot, draw a plant beginning to sprout from the seed. Now glue the raindrops and sun above the pot.
7. Finally, draw and color a flower sprouting out of the Shahr Ramaḍān pot.









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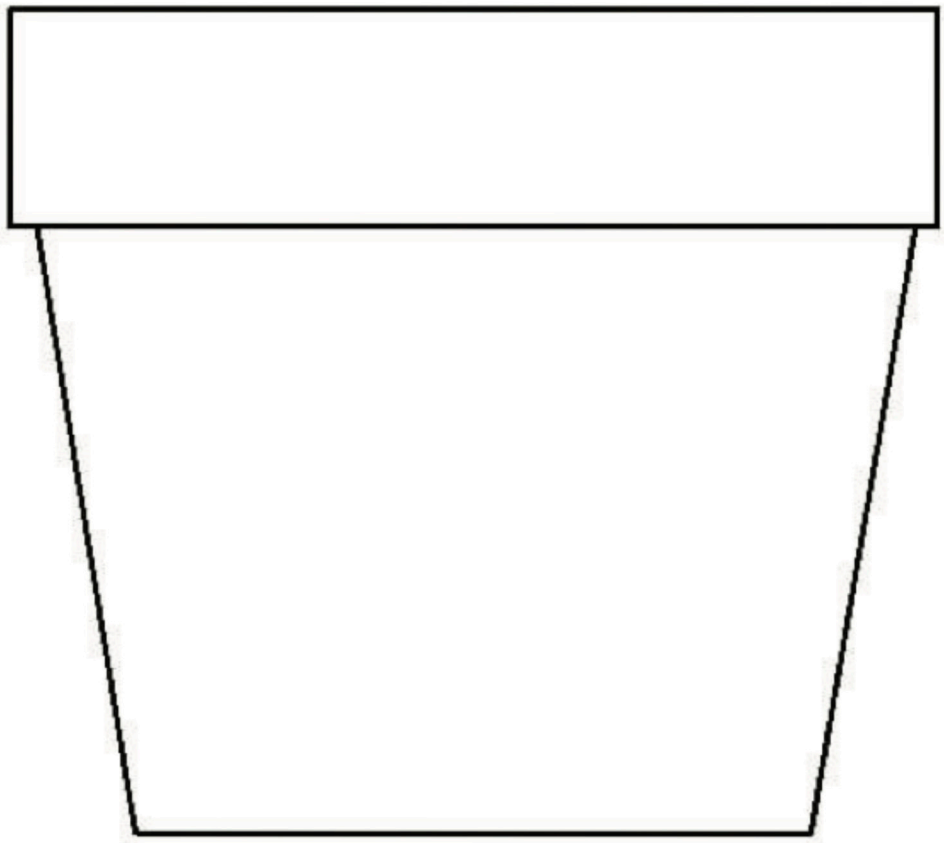

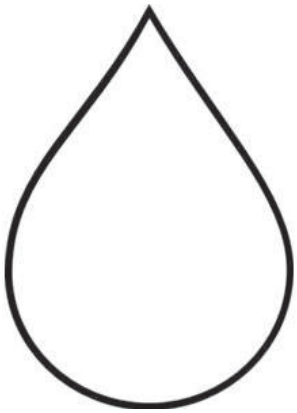

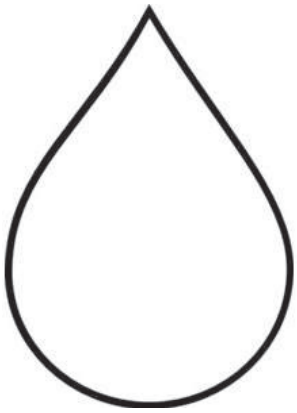

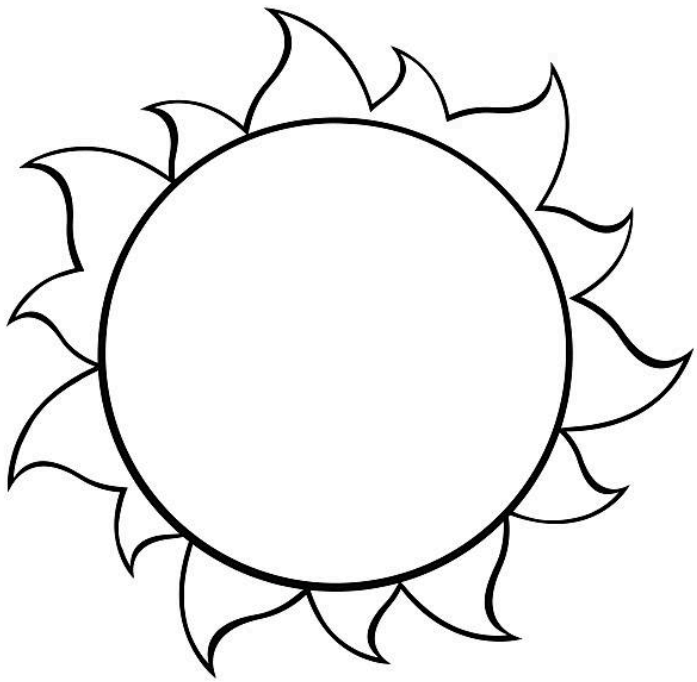

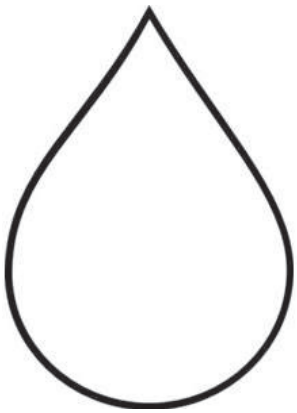

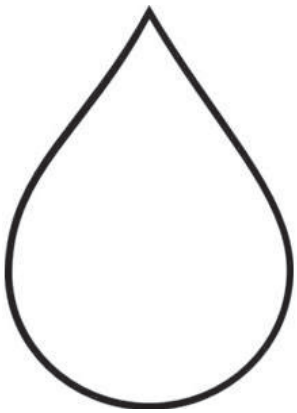

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At-Taqī “The Pious”

Objective: Students will learn the title of the 9th Imām, Imām Muḥammad at-Taqī (ʿa), and what he has taught us about doing good deeds.

Natural pearls on the outside can be dirty and not look like the shiny beautiful ones we see in the store. Pearls have to be cleaned and scrubbed in order to show their inner beauty. Just like the pearl, we too have to be scrubbed and cleansed from the inside out in order to shine. The outside body is not what matters, what is of most importance is our inner soul. One of the best times to shine like a pearl is during the spiritual season, the months of Rajab, Shaʿban, and Shahr Ramaḍān.

One of the titles of the 9th Imām is “at-Taqī”, meaning the pious one. He taught us that if we want our souls to shine like the pearl, we need to always safeguard our religion. We can do this by learning about our wajibāt and responsibilities, and performing them the way Allah (swt) intended us to. We must also try our best to avoid sinning. Through his actions and knowledge, Imām at-Taqī (ʿa) showed us truly what it means to be pious. It is more than just gaining Islamic knowledge, it is putting that knowledge into practice in our everyday lives. This way we too can shine like pearls.

The Hidden Pearl

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Paper plate
- Pom-pom
- Glue
- Paint - two different colors of your choice
- Paint brush

Procedure:

1. Paint the outside of the paper plate in a color of your choice. Leave to dry.
2. Paint the inside of the paper plate in the second color. Leave to dry.
3. Fold the paper plate in half.
4. Glue the pompom in the middle of the inside of the folder paper plate. This is the “pearl.”

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Ṣirāṭ al-Mustaqīm

Objective: Students will explore the meaning of Ṣirāṭ al-Mustaqīm and how it can be found through Imām ʿAlī (ʿa).

Ṣirāṭ al-Mustaqīm can be translated to "the straight path." We are first introduced to this idea from the Noble Qurʾān in the opening verse of Sūrah al-Fātiḥah. In this verse, we are asking Allah (swt) to show us the straight path, or to guide our souls to reach their destination. To be on Ṣirāṭ al-Mustaqīm means to have intense and sincere love and obedience for the rightly guided ones, the ones whom Allah (swt) made perfect, the Ahl al-Bayt (ʿa). We also stay on Ṣirāṭ al-Mustaqīm by doing tabarrī. This means to stay away and feel dislike towards the enemies of the Ahl al-Bayt (ʿa) and their bad deeds.

Imām Jaʿfar aṣ-Ṣādiq (ʿa) has said, "Imām ʿAlī (ʿa) is Ṣirāṭ al-Mustaqīm."[1] This means that following the path of Imām ʿAlī (ʿa) will keep us on Ṣirāṭ al-Mustaqīm. By continuing to do good deeds, performing our wajibāt, avoiding sins, and trying our best to follow the teachings of Ahl al-Bayt (ʿa), inshāʾAllāh we will stay on Ṣirāṭ al-Mustaqīm. We can think of Ṣirāṭ al-Mustaqīm as a bridge, something that helps us get from point A to point B. Let's do an activity that will help us see how Imām ʿAlī (ʿa) is that bridge that helps us get to Allah (swt).

1 Maʿānī al-Akhbār, P. 32

Bridge Activity

Suggested Age: 5+

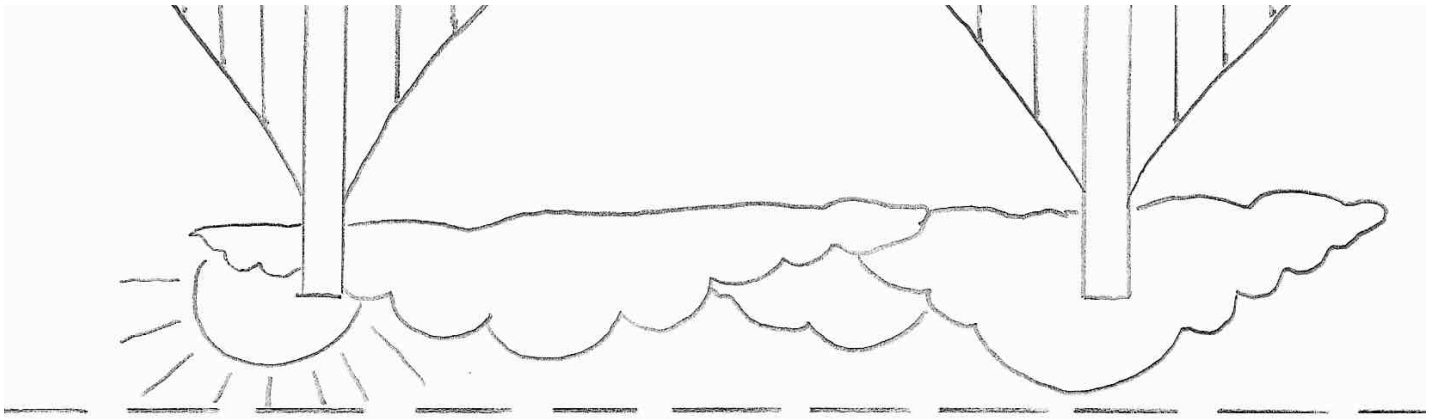
Time: 40 minutes

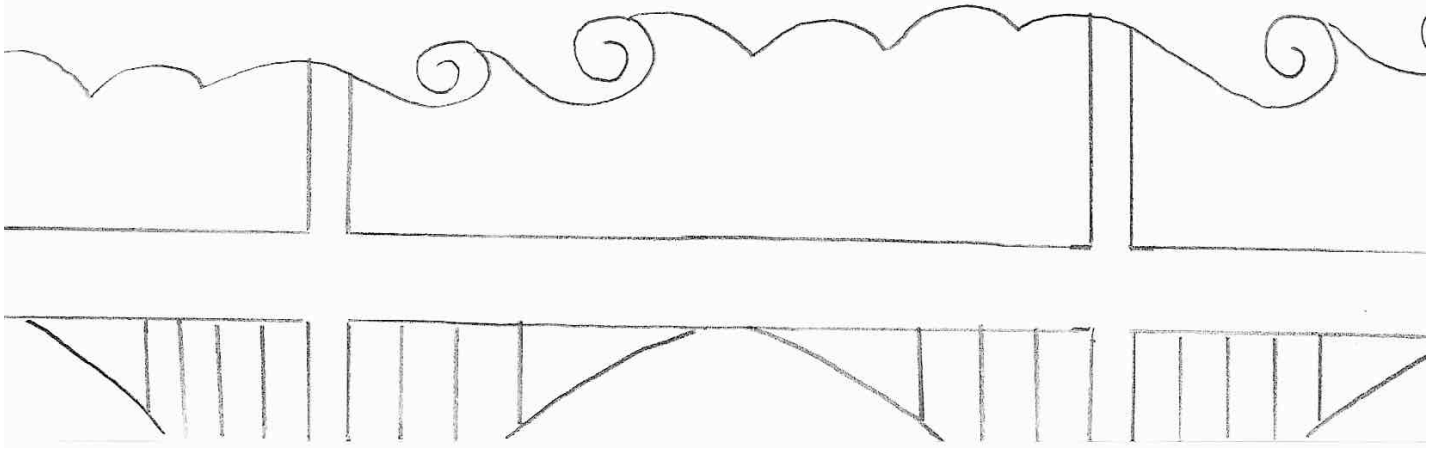
Materials:

- Bridge template
- Colored pencils/markers/ crayons
- Pencil

Procedure:

1. Color the picture of the bridge however you like.
2. Fold the paper along the 2 dotted lines. The 2 sides should meet in the middle when folded, showing the complete image of the bridge.
3. Open up the folds and color the inside of the paper.
4. Write the following hadith on the inside of the paper "Imām ʿAlī (ʿa) is Ṣirāṭ al-Mustaqīm." If you wish, you can also write how to maintain Ṣirāṭ al-Mustaqīm (keeping up prayers, fasting, doing good deeds, etc).





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The Ascension

Objective: Students will learn about the event of Miʿrāj - the Noble Prophet's (ṣ) ascension to the Heavens.

The 27th of Rajab is a very special day in the Islamic year. On this day, we celebrate two important events in history: Biʿthat and Miʿrāj. Biʿthat was the announcement of the prophethood of Prophet Muḥammad (ṣ). On this day, our Noble Prophet, Prophet Muḥammad (ṣ), started his Prophethood and began teaching people about Islam. Alḥamdulillāh! It is such an important day for us because it is the start of the journey of Islam, a journey that we are a part of today.

The 27th of Rajab is also one of the possible days when the event of Miʿrāj occurred. This is when the Noble Prophet (ṣ) went on a miraculous journey to important places in the region and to the heavens. On this night, the Noble Prophet (ṣ) traveled on a special animal called Burāq, and visited different places before ascending to the heavens. First, he went to Masjid al-Ḥarām, and then to Masjid al-Aqṣā. From Masjid al-Aqṣā, he ascended up to the heavens. While he was there, he saw many things, and Allah (swt) spoke to him. This is when Allah (swt) gave the command for ṣalāh and wuḍūʾ. The event of Miʿrāj is mentioned in Sūrah al-Isrāʾ. Today, we are going to make a craft that demonstrates the Noble Prophet's (ṣ) ascension.

Miʿrāj Craft

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Miʿrāj template
- Light blue paper/plastic cup
- White tissue paper
- 12 inch piece of string
- Scissors
- Tape
- Glue

Procedure:

"Exalted is He who took His Servant by night from Masjid al-Haram to Masjid al-Aqsa, whose surroundings We have blessed, to show him of Our signs." (17:1)

1. Color and decorate the pictures on the template however you like.
2. Cut out the pictures and set them aside.
3. Take the plastic cup and carefully poke a hole in the bottom of the cup.
4. Now, cut out some cloud shapes from the white tissue paper. Glue these clouds on the outside of the plastic cup and set it aside.
5. Take the string and tape one end of it behind the cloud picture with the ayah.
6. Then pass the other end of the string through the hole in the cup. Make sure the cup is upside down, with the bottom of the cup facing up.
7. Now, tape the Noble Prophet (ṣ) cutout on the other end of the string. When you pull the cloud up, the cutout should go into the cup, signifying his ascension to the heavens.

“Exalted is He who took His Servant by night from Masjid al-Ḥarām to Masjid al-Aqṣā, whose surroundings We have blessed, to show him of Our signs.” (17:1)

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Whispered Prayers

Objective: Students will learn about the 15 Whispered Prayers from the 4th Imām (ʿa).

Today, we will be remembering our 4th Imām, Imām as-Sajjād (ʿa), in honor of his wilādah. He was known for his deep connection with Allah (swt) through his long sajdahs and duʿās. He remembered everyone in his duʿās. The supplication (duʿāʾ) is one of the best worship through which one may gain Allah's nearness. Some duʿās can be found in Imām Sajjād's famous book Ṣaḥīfah as-Sajjādīyyah, known as the Psalms of Islam.

He also taught us 15 special duʿās called the Whispered Prayers, or the munajāt khamsa ʿasharah. This is a collection of 15 conversations with Allah (swt) from the book Ṣaḥīfah as-Sajjādīyyah. Imam as-Sajjād (ʿa) made these duʿās in a private conversation with Allah (swt). (Teacher can take this opportunity to model a private conversation with one of the students).

Our Imām (ʿa) did not forget any one in these 15 Whispered Prayers. Every person experiences different feelings towards Allah (swt) throughout life. The 15 Whispered Prayers enable a person to recite the prayer which is most related to their present mood and feeling.

- The Whispered Prayer of the Repenters
- The Whispered Prayer of the Complainers
- The Whispered Prayer of the Fearful
- The Whispered Prayer of the Hopeful
- The Whispered Prayer of those who are Looking for an Urgent Help
- The Whispered Prayer of the Thankful
- The Whispered Prayer of the Those who are Obedient
- The Whispered Prayer of the Devotees
- The Whispered Prayer of the Lovers of Allah
- The Whispered Prayer of those asking for Mediation (asking help)
- The Whispered Prayer of those who are Poor
- The Whispered Prayer of the Knower
- The Whispered Prayer of those who are Rememberers
- The Whispered Prayer of those who Hold Fast
- The Whispered Prayer of those who are Abstainers (stay away from wrong doings)

Today, we are going to make our own tasbīḥ that we can use to strengthen our connection to Allah (swt), just as duʿās strengthen our connection to Allah (swt).

Whispered Prayers Tasbīḥ

Suggested Ages: 5+

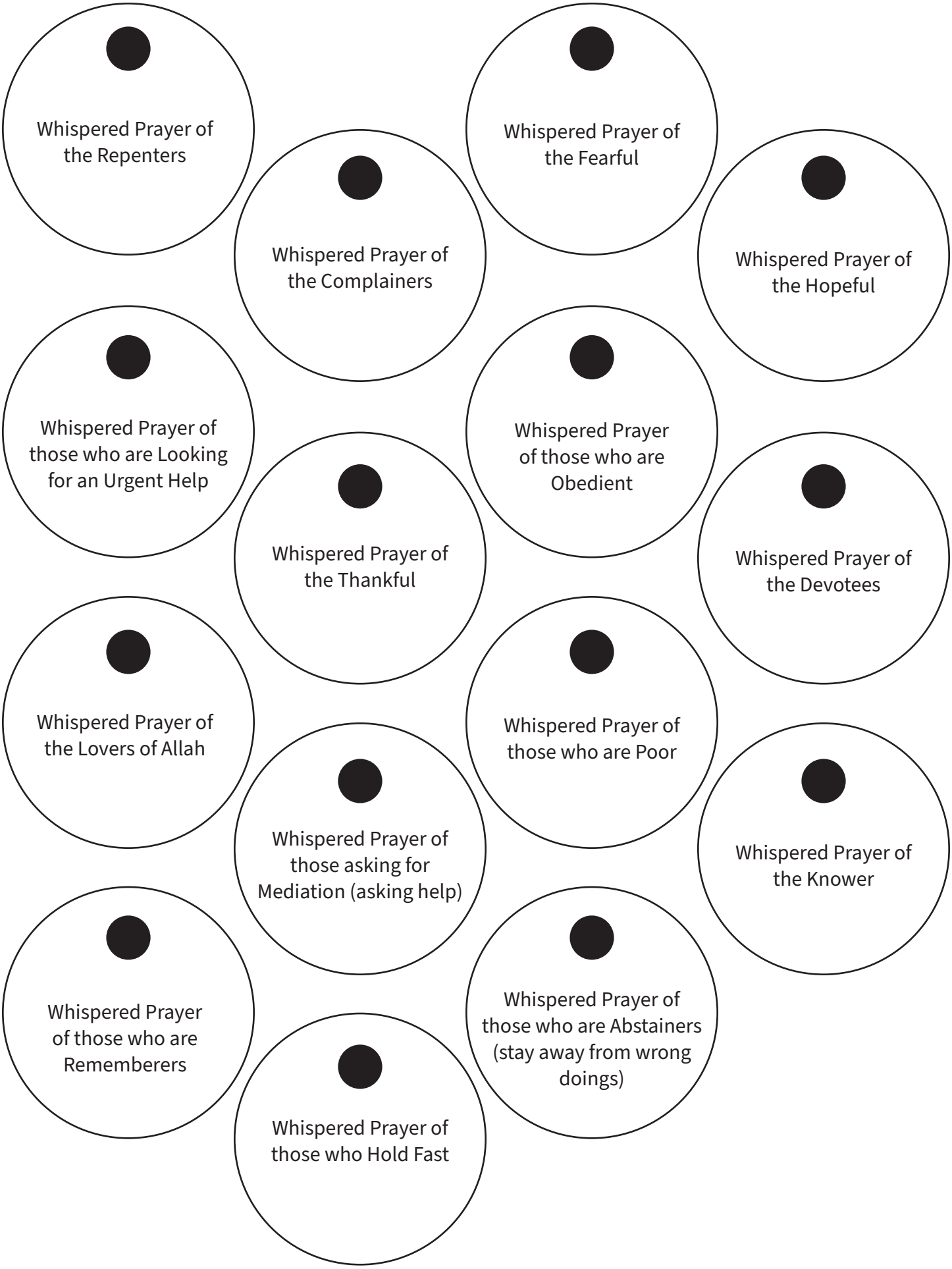
Time: 35 minutes

Materials:

- Paper beads with the topic of duʿās template
- Lace/yarn/string
- Scissors
- Crayons/colored pencils/ Markers

Procedure:

1. Color and decorate the paper beads however you like.
2. Cut out each bead. Then, carefully punch a hole in each one where there is a black dot.
3. Lace the yarn or string through each bead and complete the tasbīḥ.
4. Optional: students can stick the labels on a real bead using tape or glue.
5. Each tasbīḥ will have 15 beads.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Whispered Prayer of the Fearful
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Whispered Prayer of those who are Abstainers (stay away from wrong doings)
Whispered Prayer of those who Hold Fast

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Love and Responsibility

Objective: Students will learn about our love and responsibility towards the 12th Imām (ʿaj).

During the occultation of our 12th Imām (ʿaj), we need to learn about our responsibilities and how to fulfill them. One way to do this is by gaining knowledge about him. It is our responsibility to know our Imām (ʿaj), and to know that he is the divine guidance for us. There must always be a ḥujjah, or proof of Allah (swt), at all times, and our Imām (ʿaj) is the hujjah.

Another way is to prepare and wait for the Imām's victorious reappearance. This is known as intiẓār. Intiẓār is waiting for a loved one. Think about when we have a friend or a family member visiting us, someone that we have not seen for a long time. We do our best to prepare ourselves and wait for their arrival. Similarly, right now we all are waiting for our Imām (ʿaj) to come join us, but our waiting should be based on true belief in, and knowledge of, the Imām (ʿaj). This means we should try our best to reform our behavior, our way of living, our way of thinking, our communication with each other, and how we treat each other.

If we are truly waiting for our Imām (ʿaj), then we should feel his presence at all times, and try to live in a way which would make the Imām (ʿaj) happy. Today we are going to make a craft that will help us remember what we should do while waiting for our Imām (ʿaj).

Cloud Mobile Craft

Suggested Ages: 5+

Time: 35 minutes

Materials:

- Assorted colours of felt (acrylic or wool)
- Fabric scissors
- Needle
- Embroidery thread (or floss)
- Fabric glue
- Labels or construction paper

Procedure:

1. Cut out two cloud shapes from white felt that are exactly the same. Make sure the clouds are large enough as it is the base of the mobile. (Tip - An easy and quick way to make identical clouds is by folding the felt in half and cutting two at a time).
2. Cut out 16 felt hearts (8 pairs) in different colors. These hearts will be added to the mobile in pairs. (Tip - Folding the felt and cutting two hearts at a time is an easy and quick way to get a pair, just like the clouds).
3. To assemble the mobile, start by cutting three long pieces of embroidery thread or floss. These pieces are from where the hearts will hang. Glue the tops of these pieces of floss onto one of the cloud pieces.
4. Now position each heart pair on the embroidery floss, hanging down from the cloud. Keep the matching heart with each one so they don't get mixed up.
5. Use fabric glue to glue the heart pairs together, with the embroidery floss sandwiched in between each heart. Make sure you don't use too much glue and to place a little glue on the floss itself. Leave the glue to dry and ensure the hearts are secured together.
6. Now place the other cloud on top of the first cloud with the floss in between, aligning the shapes together. Allow the glue to dry before proceeding to the next step.
7. Make strips of the paper or use labels to write some of the actions that you will do to please your Imām (ʿaj).
8. Stick to the hearts using the glue.

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